

Quebec, (Qc), August 23th 2001

United States Department Of Commerce  
Patent & Trademark Office  
Washington, D.C. 20231

To the attention of Mrs. Lori Baker Amerson  
Group Art Unit: 3764  
Phone Number: (703) 306-5576  
Serial Number: 09/695,272  
Fax Phone Number: (703) 306-4520  
Title: HAND AND FOOT EXERCISER  
Applicant: Mr. Florent Bergeron

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Applicant: Mr. Florent Bergeron

Signature: *Florent Bergeron*

Date: 230801

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Quebec, (Qc), August 31th 2001

United States Department Of Commerce  
Patent & Trademark Office  
Washington, D.C. 20231

To the attention of Mrs. Lori Baker Amerson

Group Art Unit: 3764

Phone Number: (703) 306-5576

Serial Number: 09/695,272

Fax Phone Number: (703) 306-4520

Title: HAND AND FOOT EXERCISER

Applicant: Mr. Florent Bergeron

Dear madam,

I have respond to the Office action number 2 that I have  
receive by mail on July 24th 2001.

Best Regards

Applicant: Mr. Florent Bergeron

Date:

Signature:

*Florent Bergeron*  
230807

Quebec, (Qc), August 23th 2001

United States Department Of Commerce  
Patent & Trademark Office  
Washington, D.C. 20231

To the attention of Mrs. Lori Baker Amerson

Group Art Unit: 3764

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on / / .

Applicant: Mr. Florent Bergeron

Signature: *Florent Bergeron*

Date: 23 08 01

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concerning facsimile transmission and mailing, respectively.

***TITLE: HAND AND FOOT EXERCISER***

***BACKGROUND OF THE INVENTION:***

***1) Field of the invention:***

The present invention relates to a mechanical apparatus for make different exercises on the ground and, more particularly, to an apparatus made up of a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire.

***2) Description of the related art:***

It has been recognized as desirable to provide a mechanical apparatus for exercising the muscles in general.

A search of prior art records has unveiled the following patents:

1. No 2,436,987 issued in 1948 to Bailleaux; and
2. No 3,117,782 issued in 1964 to Johnston.

The patent issued in 1964 to Johnston is probably the most relevant. As can be seen, the problem encountered with use of the physical exercise apparatus to Johnston is that, the tension of the steel wires is not adjustable when the user makes different exercises on the ground, and the longitudinal structure is not adjustable at different positions.

To overcome the above-mentioned problem, in accordance with the teachings of the invention, there is disclosed hand and foot exerciser, which is relatively simple and economical to manufacture.

***Summary of the invention:***

In accordance with the present invention, the mechanical apparatus is made up of a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire.

***BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWING(S):***

The foregoing and other objects, advantages and characterizing features of

the present invention will become clearly apparent from the ensuing detailed description of illustrative embodiments thereof, taken together with the accompanying drawings wherein like reference numerals denote like parts in the different figures:

Figure 1 is a perspective view of the mechanical apparatus allowing to make different exercises on the ground.

Figure 2 is a top plan view of the vertical bar curved at its superior end made up of an adjustable rotary part provided with a small pulley by which the steel wire is pulled down without friction in several directions.

Figure 3 is a plan view of the adjustment of the vertical bar at the desired position.

Figure 4 is a top view of the mechanical system from the apparatus.

Figure 5 is a top view of the mechanical system from the apparatus showing the spring in a different position such that shown in figure 4.

Figure 6 is a plan view of mechanical system allowing the adjustment of the perforated frame in semi-circle to the desired position.

Figure 7 is a perspective view of the main large pulley fixed at the transversal bar to the frame from the mechanical apparatus.

Figure 8 is a perspective view of the main large pulley allowing to steel wire to turn two times around of the pulley.

Figures 9a, b, c and d, are the side elevational views of the mechanical apparatus showing the user making different exercises on the ground in different positions.

#### ***DETAILED DESCRIPTION OF THE INVENTION:***

Referring more specifically to figs. 1 through 3, the present invention is a mechanical apparatus made up of a rigid frame (10) covered with a motionless cushion (16) on which the user can be installed comfortably when he makes different exercises on the ground; a vertical bar (11) curved at its superior end made up of an adjustable rotary part (12) at different positions is provided with a small pulley (13) allowing to a steel wire (5) to pass without friction inside of the pulley (13) anchored into the rotary part (12) turning freely in all directions, which allows to a steel wire (5) to be pulled down in several directions; and a belt (17) allowing to join the wrist or the ankle from the user to a steel wire (5). The bottom end of the vertical bar (11) comprises a part provided with small holes (19) fixed at the frame (10) from the mechanical apparatus, allow to change the adjustment of the vertical bar (11) at the desired position in blocking the vertical bar (11) with a metal pin (14), which the metal pin (14) is inserted into a small hole of the part provided with small holes (19). Referring to figs. 4 through 6, a

movable part (8) is fixed at the perforated frame (3) in semi-circle from the mechanical apparatus by a metal pin (9) allowing the adjustment of the spring (6) so as to make a rotation parallel to the floor, and joined to the stem (7) provided with legs welded at the spring (6) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus joining the steel wire (5) passing inside of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus. Referring to figs. 4, 5, 7 and 8, the steel wire (5) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus makes two turns around of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus in giving an effect of pulley's arc, which the steel wire (5) passes inside of two small pulleys (2) and of the vertical bar (11). Referring to figs. 9a, b, c and d, the belt (17) allows to join the ankle from the user to steel wire (5) fixed at the vertical bar (11) shown in different positions.

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

AK I claim: [AMENDED]

1: A mechanical apparatus, comprising:

a rigid frame covered with a motionless cushion [on which the user can be installed comfortably when he makes different exercises on the ground;] N.W.

01, a vertical bar curved at its superior end made up of an adjustable rotary part at different positions is provided with a pulley [allowing to a steel wire to pass without friction inside of said pulley anchored into said rotary part turning freely in all directions, [which allows to said steel wire to be pulled down in several directions;]

the bottom end of said vertical bar comprises a part provided with small holes fixed at said frame from the apparatus [allow to change the adjustment of said vertical bar at the desired position in blocking said vertical with a metal pin, wherein said metal pin is inserted into a small hole of said part provided with small holes] and N.W.

a belt [allows to join the wrist or the ankle from the user to said steel wire.] N.W.

AK 6 2: [NEW] The mechanical apparatus of the claim 1, further comprising a movable part fixed at the perforated frame in semi-circle from the apparatus by a metal pin, and joined to a stem provided with legs welded at a spring fixed at the bar anchored to said frame from the apparatus joining said steel wire passing inside of the main large pulley fixed at the transversal bar joined to said frame from the apparatus. 2d part 112 14.

AK 7 3: [NEW] The mechanical apparatus of the claim 1, wherein said steel wire fixed at said bar anchored to said frame from the apparatus makes two turns around of said main large pulley fixed at the transversal bar joined to said frame from the apparatus in giving an effect of pulley's arc, and wherein said steel wire passes inside of two small pulleys and of said vertical bar. N.W.

***ABSTRACT OF THE DISCLOSURE:***

The present invention is a mechanical apparatus made up of a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire.



***TITLE:*** {*Mechanical device used to make different exercises on the ground.*}

**HAND AND FOOT EXERCISER**

***BACKGROUND OF THE INVENTION:***

**1) Field of the invention:**

The present invention relates to a mechanical {device} apparatus for make different exercises on the ground and, more particularly, {allowing to and adjustable according to user's needs.} to an apparatus made up of a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire.

**2) Description of the related art:**

{At the present time some devices are sold on the market but they are really different from my disclosure.}

It has been recognized as desirable to provide a mechanical apparatus for exercising the muscles in general.

A search of prior art records has unveiled the following patents:

1. No 2,436,987 issued in 1948 to Bailleaux; and
2. No 3,117,782 issued in 1964 to Johnston.

The patent issued in 1964 to Johnston is probably the most relevant. As can be seen, the problem encountered with use of the physical exercise apparatus to Johnston is that, the tension of the steel wires is not adjustable when the user makes different exercises on the ground, and the longitudinal structure is not adjustable at different positions.

To overcome the above-mentioned problem, in accordance with the teachings of the invention, there is disclosed hand and foot exerciser, which is relatively simple and economical to manufacture.

**Summary of the invention:**

In accordance with the present invention, the mechanical apparatus is made up of a rigid frame covered with a motionless cushion on which the user can

be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire.

***BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWING(S):***

The foregoing and other objects, advantages and characterizing features of the present invention will become clearly apparent from the ensuing detailed description of illustrative embodiments thereof, taken together with the accompanying drawings wherein like reference numerals denote like parts in the different figures:

Figure 1 {represents} is a perspective view of the {device} mechanical apparatus allowing to make different exercises on the ground.

Figure 2 {represents} is a top plan view of the vertical {and tubular} bar curved at its superior end{, including a} made up of an adjustable rotary part {and} provided with a small pulley by which the steel wire is {drawn} pulled down without friction in several directions.

Figure 3 {represents} is a plan view of the {system allowing the} adjustment of the vertical bar to the desired position.

Figure 4 {represents} is a top {perspective} view {inwardly} of the mechanical system {for} from the {device} apparatus.

Figure 5 {represents} is a top {perspective} view {inwardly} of the mechanical system {for} from the {device} apparatus showing the spring in a different position such that shown in figure 4.

Figure 6 {represents} is a plan view of mechanical system allowing {to adjust} the adjustment of the perforated frame in semi-circle to the desired position. {according to user's needs.}

Figure 7 {represents} is a perspective view of the main large pulley fixed {to a} at the transversal bar {with} to the frame {of} from the {device} mechanical apparatus.

Figure 8 {represents} is a perspective view of the main large pulley allowing to steel wire to turn two times around of the pulley.

Figures 9a, b, c and d, {represent} are the side elevational views of the {device} mechanical apparatus showing the user making different exercises on the ground in different positions.

***DETAILED DESCRIPTION OF THE INVENTION:***

{As shown in figure 1, a mechanical device allowing to make different exercises on the ground includes.} Referring more specifically to figs. 1

through 3, the present invention is a mechanical apparatus made up of a rigid frame (10) covered with a motionless cushion (16) on which the user can be installed comfortably{,} when he makes different exercises on the ground; a vertical bar (11) curved at its superior end {and adjustable}made up of an adjustable rotary part (12) at different positions is provided with a small pulley (13) allowing to a steel wire (5) to pass without friction inside of the pulley (13) anchored into the rotary part (12) turning freely in all directions, which allows to a steel wire (5) to be pulled down in several directions{,}; and a belt (17){is used} allowing to join the{arm} wrist or the {leg} ankle from the user to a steel wire (5). {As shown in figure 2, the curved part of the vertical bar (11) includes a rotary part (12) wherein a pulley (13) allows to steel wire (5) to pass without friction inside of the pulley anchored (13) in the rotary part (12) wherein turns freely by allowing to steel wire (5) to be drawn in different directions. As shown in figure 3, the.} The bottom end of the vertical bar (11) comprises a part provided with the small holes (19) fixed at the frame (10) from the mechanical apparatus, allow to change the adjustment of the vertical bar (11) at the desired position {by}in blocking the vertical bar (11) with a metal pin (14), {wherein} which the metal pin (14) is inserted {in} into {the} a small hole of the part provided with small holes (19). {vertical bar (11) into the desired position.} {As show in figure 4, inwardly the device system includes a spring (6) wherein allows to steel wire (5) to be tensioned, the spring (6) is fixed to a perforated frame part (3) in a semi-circle of device by a stem (7) welded to spring (6) and joined to a movable part (8) by a pin metal (9) wherein allows the adjustment of tensioned spring (6), the spring end (6) is fixed to the bar (1) wherein is anchored into the frame of the device so as to carry out a rotation parallel with the floor, whereas the other end of the bar (1) is fixed to a steel wire (5) making two turns around of the main large pulley (4) wherein a transversal bar (18) is anchored to the frame of the device, and the steel wire (5) is directed towards two other small pulleys (2) before to pass inside of the vertical bar (11). As shown in figure 5, inwardly the device system includes a spring (6) showing a different position such that shown in figure 4. As shown in figure 6, a perforated frame part (3) in a semi-circle allows the adjustment of tensioned spring (6) welded to a stem (7) having legs and joined to a movable part (8) to the perforated frame part (3) of the device by a pin metal (9) wherein allows the adjustment of tensioned spring (6). As shown in figure 7, a main large pulley (4) is fixed at a transversal bar (18) to the frame of the device. As shown in figure 8, a main large pulley (4) allows to steel wire (5) to make two turns around of the main pulley (4) by giving a pulley arch effect. As shown in figures 9a, b,

c and d, the user is installed comfortably onto the device in different positions.} Referring to figs. 4 through 6, a movable part (8) is fixed at the perforated frame (3) in semi-circle from the mechanical apparatus by a metal pin (9) allowing the adjustment of the spring (6) so as to make a rotation parallel to the floor, and joined to the stem (7) provided with legs welded at the spring (6) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus joining the steel wire (5) passing inside of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus. Referring to figs. 4, 5, 7 and 8, the steel wire (5) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus makes two turns around of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus in giving an effect of pulley's arc, which the steel wire (5) passes inside of two small pulleys (2) and of the vertical bar (11). Referring to figs. 9a, b, c and d, the belt (17) allows to join the ankle from the user to a steel wire (5) fixed at the vertical bar (11) shown in different positions.

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

AL I claim: [AMENDED]

1: A mechanical {device} apparatus, {used to make different exercises on the ground} comprising:

a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground;

a vertical {tubular} bar curved at its superior end {, wherein} made up of an adjustable rotary part at different positions is provided with a pulley {allows} allowing to a steel wire to pass without friction inside of {the} said pulley anchored into {a} said rotary part {, wherein turns} turning freely in {several} all directions, which allows {allowing} to said steel wire to be {drawn} pulled down in several directions;

the bottom end of said vertical bar comprises a part provided with small holes fixed at said frame from the apparatus, allow to change the adjustment of said vertical bar at the desired position in blocking said vertical bar with a metal pin, wherein said metal pin is inserted into a small hole of said part provided with small holes; and

a belt {using} allows to join the {arm} wrist or the {leg} ankle from the user to said steel wire.

AL {2: [CANCELED]  
A mechanical device according to claim 1, wherein said curved part of said vertical and tubular bar comprises a rotary part wherein said pulley allows to said steel wire to pass without friction inside of said pulley anchored into said rotary part wherein turns freely in all directions.}

AR {3: [CANCELED]  
A mechanical device according to claims 1 and 2, wherein said small holes allow to change the adjustment of said vertical bar by blocking said bar with a pin metal wherein is inserted into the hole of said vertical bar into the other small holes at the desired position.}

AL {4: [CANCELED]  
A mechanical device according to claim 1, wherein said inwardly system having a spring allowing to said steel wire to be tensioned wherein said spring is fixed to a perforated frame part in a semi-circle of said device, welded to said stem having legs and joined to said movable part to said

perforated frame part in a semi-circle of said device with said pin metal wherein allows the adjustment of said tensioned spring, wherein said spring end is hanged up at the end of the bar anchored into said frame of said device so as to carry out a rotation parallel with the floor, and wherein the other end of said bar is fixed to said steel wire.}

Δ( [CANCELED]

{5: A mechanical device according to claim 4, wherein said inwardly system having said spring allowing to said steel wire to be tensioned wherein said steel wire makes two turns around of said main large pulley by giving a pulley arch effect, wherein said transversal bar is anchored to said frame of said device, and wherein said steel wire is directed towards two other small pulleys before to pass inside of said vertical and tubular bar.}

Ad 6 [New]  
2: The mechanical apparatus of the claim 1, further comprising a movable part fixed at the perforated frame in semi-circle from the apparatus by a metal pin, and joined to a stem provided with legs welded at a spring fixed at the bar anchored to said frame from the apparatus joining said steel wire passing inside of the main large pulley fixed at the transversal bar joined to said frame from the apparatus.

Rele 126  
Ad 7 [New]  
3: The mechanical apparatus of the claim 1, wherein said steel wire fixed to said bar anchored to said frame from the apparatus makes two turns around of said main large pulley fixed at said transversal bar joined to said frame from the apparatus in giving an effect of pulley's arc, and wherein said steel wire passes inside of two small pulleys and of said vertical bar.

*Marked-up copy*

***ABSTRACT OF THE DISCLOSURE:***

The present invention {relates to} is a mechanical {device} apparatus  
{allowing to make different exercises on the ground, and adjustable  
according to user's needs.} made up of a rigid frame covered with a  
motionless cushion on which the user can be installed comfortably when he  
makes different exercises on the ground, a vertical bar curved at its superior  
end provided with an adjustable rotary part at different positions, and a belt  
allowing to join the wrist or the ankle from the user to a steel wire.

<b>Office Action Summary</b>	Application No. 09/699,272	Applicant(s) BERGERON, FLORENT	
	Examiner Lori Baker Amerson	Art Unit 3764	

- The MAILING DATE of this communication appears on the cover sheet with the correspondence address -  
**Period for Reply**

**A SHORTENED STATUTORY PERIOD FOR REPLY IS SET TO EXPIRE 3 MONTH(S) FROM THE MAILING DATE OF THIS COMMUNICATION.**

- Extensions of time may be available under the provisions of 37 CFR 1.136 (b). In no event, however, may a reply be timely filed after SIX (6) MONTHS from the mailing date of this communication.
- If the period for reply specified above is less than thirty (30) days, a reply within the statutory minimum of thirty (30) days will be considered timely.
- If NO period for reply is specified above, the maximum statutory period will apply and will expire SIX (6) MONTHS from the mailing date of this communication.
- Failure to reply within the set or extended period for reply will, by statute, cause the application to become ABANDONED (35 U.S.C. § 133).
- Any reply received by the Office later than three months after the mailing date of this communication, even if timely filed, may reduce any earned patent term adjustment. See 37 CFR 1.704(b).

**Status**

- 1) ☒ Responsive to communication(s) filed on 25 October 2000.
- 2a) ☐ This action is FINAL.                      2b) ☒ This action is non-final.
- 3) ☐ Since this application is in condition for allowance except for formal matters, prosecution as to the merits is closed in accordance with the practice under *Ex parte Quayle*, 1935 C.D. 11, 463 O.G. 213.

**Disposition of Claims**

- 4) ☒ Claim(s) 1-5 is/are pending in the application.
- 4a) Of the above claim(s) \_\_\_\_\_ is/are withdrawn from consideration.
- 5) ☐ Claim(s) \_\_\_\_\_ is/are allowed.
- 6) ☒ Claim(s) 1-5 is/are rejected.
- 7) ☐ Claim(s) \_\_\_\_\_ is/are objected to.
- 8) ☐ Claims \_\_\_\_\_ are subject to restriction and/or election requirement.

**Application Papers**

- 9) ☐ The specification is objected to by the Examiner.
- 10) ☐ The drawing(s) filed on \_\_\_\_\_ is/are objected to by the Examiner.
- 11) ☐ The proposed drawing correction filed on \_\_\_\_\_ is; a) ☐ approved b) ☐ disapproved.
- 12) ☐ The oath or declaration is objected to by the Examiner.

**Priority under 35 U.S.C. § 119**

- 13) ☐ Acknowledgment is made of a claim for foreign priority under 35 U.S.C. § 119(e)-(d).
- a) ☐ All b) ☐ Some \* c) ☐ None of:
1. ☐ Certified copies of the priority documents have been received.
2. ☐ Certified copies of the priority documents have been received in Application No. \_\_\_\_\_.
3. ☐ Copies of the certified copies of the priority documents have been received in this National Stage application from the International Bureau (PCT Rule 17.2(e)).
- \* See the attached detailed Office action for a list of the certified copies not received.
- 14) ☐ Acknowledgment is made of a claim for domestic priority under 35 U.S.C. § 119(e).

Jerome J. Connelly  
Primary Examiner

**Attachment(s)**

- |   |  |
|---|--|
| 16) <input type="checkbox"/> Notice of References Cited (PTO-892)                             | 18) <input type="checkbox"/> Interview Summary (PTO-413) Paper No(s).        |
| 18) <input type="checkbox"/> Notice of Draftsperson's Patent Drawing Review (PTO-945)         | 19) <input type="checkbox"/> Notice of Informal Patent Application (PTO-162) |
| 17) <input type="checkbox"/> Information Disclosure Statement(s) (PTO-1449) Paper No(s) _____ | 20) <input type="checkbox"/> Other:  |



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Destinataire :	Expéditeur(trice) : MR Dumont
À l'attention de : MRS Lori Baker AMERSON	Date : 19-09-01
Numéro de télécopie : (403) 306-4520	Numéro de téléphone : (418) 576-7883



Nombre de pages, page de garde incluse : 16

Commentaires :

DEAR madam, I send you the modifications  
concerning the Office Action NO 2 that I have received  
by mail on July 24th 2001.

Best Regards!

*Christiane Dumont*  
19-09-01